



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

Headley Heath – Middle Distance

FINAL DETAILS

Sunday 10 February 2019

Mole Valley Orienteering Club welcomes you to Headley Heath for a Level B, SEOA League and Ranking Event. Thank you to the National Trust who have allowed us to use the area. Thank you to Rob Fidgett and the staff at High Ashurst for their help in organising this event.

Key points:

Beware mini buses on approach road to the event centre at High Ashurst. There is a 10mph speed limit on this single track road with passing places. Please follow marshal directions as you enter car parking area

Map 1:10 000 Starts 1.5km from Assembly Finish 300m to Assembly

Whistles/Cagoules may be compulsory if the weather justifies them.

Full leg cover required as per BOF rule 1.59.

Courses close 2.00pm sharp – you must report to Download by then

Safety bearing: If you become disorientated head West until you reach a small private road and then head North until you reach the event centre.

Event Centre Location, Car Parking & Travel options:

Event Centre High Ashurst Post Code RH5 6DQ / TQ19195 53177

By Car:

Limited parking at High Ashurst. Full cars may arrive between 8.30 and 9.15am (or until car park is full) Cars will not be able to leave event centre until 12.15pm..Event centre will be signed from Mickleham B2209 Headley Lane junction. If travelling from the North turn left on to the B2209 at Mickleham from the A24. From the South take the second exit at the Rykas café roundabout on the A24 on to the B2209.

Parking is very limited at High Ashurst. Only full cars will be allowed to park. So please share cars wherever possible.

Main parking at Pippbrook car park in Dorking Post code RH4 1SJ adjacent to council offices and 4 miles from event centre at High Ashurst, with a travel time of just under 15 minutes. There are no parking fees on a Sunday. Four 15 seater mini buses will transfer you to and from the event centre. First pick up 9.30. A member of MVOC will be at the car park and will direct you to the mini bus pickup point.

If travelling on the M25 please be advised that there are road works on the Leatherhead by pass A243 between the two M25 junction 9 roundabouts. There will be one lane closed along the northbound carriageway and on the approaches to the M25 junction 9 roundabout at the southern end of the bypass. The two lanes along the southbound carriageway will be narrowed but will remain open and there will be no lane closures on the approaches to the M25 junction 9 roundabout at the northern end of the bypass.

Public Transport: Nearest train station Dorking (Direct trains from Waterloo and Victoria) This is also a mini bus pick up point. Please inform the organiser of your train arrival time.

Entries:

Entry via www.fabian4.co.uk remains open until midnight on 6th February subject to the maximum number of maps available for each course. BO Seniors £14, non-BO members £16; Juniors £6. EoD £2 extra for seniors, same price for Juniors – subject to map availability.

SI electronic punching will be used. SI dibbers pre-booked on Fabian can be collected from Registration. They are also available to hire on the day for £1. (There will be a £30 charge for lost dibbers).

SIAC will not be enabled.

Map and Control Descriptions:

The map has been recently updated by Mike Elliot – 1:10,000 scale, overprinted and waterproof.

Control Descriptions and Legend will be on the map. Seats and hides are not mapped.

Loose control descriptions will be available at the start.

Terrain: Headley Heath provides an excellent orienteering challenge with a mix of woodland, semi-open and lowland heath. It has an extensive path network, myriad ground features and two steep sided valleys. There are significant areas of brambles which may influence route choice. Some areas have been subject to recent clearance.

Courses:

Course	Length (km)	Controls	Climb (m)	Men	Women
Black	6.0	19	175	M21	
Brown	5.0	15	155	M35, M40	
Short Brown	4.8	15	145	M18, M20, M45, M50	W21
Blue	4.6	14	110	M16, M55, M60	W35, W40
Short Blue	4.1	12	120	M65	W18, W20, W45, W50
Green	3.5	13	65	M70	W16, W55, W60
Short Green	3.2	10	60	M75	W65, W70
V Short Green	2.7	10	70	M80, M85+	W75, W80, W85+
Light Green	2.8	11	80	M14	W14
Orange	1.8	7	35	M12	W12
Yellow	1.6	8	15	M10	W10

A String Course will also be available in the grounds of High Ashurst

Start, Finish and Clothing Dump:

The Start is approximately 1.5km with 45m climb, easy walking from the Event Centre. Allow 25 minutes.

The Finish is approximately 300m steep uphill climb back to Event Centre

If travelling to the Event Centre by mini bus personal belongings can be left in the marquee where registration / enquires and download are located.

Starts run between 10.15am and 12.30pm. If you have pre-entered and do not need to collect a hire dibber, you can go straight to the start. Allocated start times will be available on www.fabian4.co.uk once online entries have closed on 6th February. Late starters will be accommodated as a spare timeslot comes available. A punching start will be used. We are using SI punches and a pin punch is available at each control if it doesn't appear to work. All competitors must follow the tapes from the Start line to the kite at the Start Triangle.

Safety:

Safety Bearing - If you become disorientated head West until you reach a small private road and then head North until you reach the event centre.

Courses close at 2.00pm, after this we may instigate a search for you. You must report to Download by this time even if you have not completed your course.

1st Aid available at enquires and inside main building at 1st aid post. Details of A&E at Epsom Hospital will be available from Enquiries. Participants to leave details of existing medical conditions with Registration team in a named sealed envelope which will be returned at download.

Participants will encounter traffic on route to start and from finish on private road. Speed limit 10mph. Participants to keep to East side of road and marshal in gate way to events centre to separate participants / vehicles

If travelling alone, please leave your keys at Enquiries

Anyone travelling with another competitor, who is worried that s/he has not returned to the finish/download within their normal expected time, should report their concerns to the Organiser

It is recommended that whistles are carried. In the event of severe weather we may require that waterproof jackets are worn and, if so, a notice will be posted at the event entrance.

Facilities:

Heated Male and Female Toilet and shower blocks located to each side of main building.

Refreshments supplied by High Ashurst catering staff. Menu and prices can be found [here](#).

There will be a heated cabin available for competitors waiting for mini bus transfers back to Dorking.

Courtesy to others:

You are asked to arrive with clean footwear to reduce any potential for Ash Dieback contamination.

Dogs are not allowed in the assembly area.

Livestock may be encountered on your course. They are docile but should be respected. Headley Heath is popular with walkers and horse riders. Please be courteous to other users of the area and try to avoid collisions

If you cause any damage to fences, gates etc on your run please make sure that you report it to the Download team.

Results:

Will be available at the MV website as soon as possible after the event. www.mvoc.org

Event Officials:

Organiser: Deborah Sullivan (MV) – contact details – deborahsullivan789@gmail.com or 07582 342965

Planner: Tony Burton (MV) Controller: Charlie Turner (SLOW)

Last minute changes:

Please visit the MV web site before travelling to check for last minute changes or new information about this event. www.mvoc.org

**** A full risk assessment has been undertaken by the Organiser and will be available for inspection at Enquiries. However, competitors are reminded that they take part at their own risk and are responsible at all times for their own safety ****